

Nikon D200 Setup Guide

For Nature, Landscape and Travel Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Focus Pattern	Group Dynamic
Bracketing	Off (unless HDR photography)
Shooting Mode	Ch (Continuous High)
WB	Variable, dep. on situation
ISO	100 - 800 dep. on situation
QUAL	RAW
Autofocus Mode	AF-S or AF-C

Shooting Menu	
Shooting Menu Bank	A
Menu Reset	Default
Folders	Default
File Naming	MJH
Optimize Image	Custom
Image Sharpening	None
Tone Compensation	Normal
Color Mode	II or III
Saturation	Enhanced
Hue Adjustment	0
Color Space	Adobe RGB
Image Quality	RAW
Image Size	N/A
JPEG Compression	Optimal Quality
RAW Compression	On
White Balance	Variable, dep. on situation
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity	100 - 800 dep. on situation
Image Overlay	Default
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)
Non-CPU Lens Data	Default

Setup Menu	
Format	Default
LCD Brightness	0
Mirror Lock-up	As needed when cleaning
Video Mode	NTSC (North America)
World Time	--
Language	En
Image Comment	On (Copyright Mike Hagen)
Auto Image Rotation	On
Recent Settings	--
USB	Dep. on situation
Dust Off Ref Photo	Default
Battery Info	--
Wireless Transmitter	--
Image authentication	As needed
Firmware Version	2.00

Custom Setting Menus	
C Bank Select	A
Menu Reset	Default
a1 AF-C Mode Priority	FPS Rate
a2 AF-S Mode Priority	Focus
a3 Focus Area Frame	Normal Frame (11 Areas)
a4 Group Dynamic AF	Pattern 1, Center Area
a5 Lock-On	Long or Off dep. on subject
a6 AF Activation	Shutter/AF-ON
a7 AF Area Illumination	On
a8 Focus Area	Wrap
a9 AF Assist	Off
a10 AF-ON MB-D200	AE/AF-L+Focus Area
b1 ISO Auto	Off
b2 ISO Step Value	1/3
b3 EV Step	1/3
b4 Exp Comp/Fine Tune	1/3
b5 Exposure Comp.	Off
b6 Center-Weighted	8mm
b7 Fine Tune Exposure	+1/6 for each meter
c1 AE Lock	AE-L/AF-L Button
c2 AE-L/AF-L	AE-L Only
c3 Auto Meter-Off	8s
c4 Self-Timer	Dep. on situation
c5 Monitor-Off	10s
d1 Beep	Off
d2 Grid Display	On
d3 Viewfinder Warning	On
d4 Shooting Speed	Dep. on situation
d5 Exp.Delay Mode	Off
d6 File No. Sequence	On
d7 Illumination	Off
d8 MB-D200 Batteries	Dep. on batteries
e1 Flash Sync Speed	1/250s (Auto FP)
e2 Flash Shutter Speed	1/60
e3 Built-in Flash	Dep. on situation
e4 Modeling Flash	On
e5 Auto Bracket Set	AE Only
e6 Manual Mode Bktn	Flash/Speed
e7 Auto BKT Order	Under>MTR>Over
e8 Auto BKT Selection	Manual Value Select
f1 Center Button	Shooting Mode, Center AF Area
f1 Center Button	P'back Mode, Zoom, Med. mag.
f2 Multi-Selector	Do Nothing
f3 Photo Info/Playback	Off
f4 FUNC. Button	Spot Metering
f5 Command Dials	Normal
f6 Buttons and Dials	Default
f7 No Memory Card?	Lock

Playback Menu	
Delete	Selected
Playback Folder	Default
Slide Show	Default
Hide Image	Default
Print Set	Default
Display Mode	All Selected
Image Review	On
After Delete	Show Next
Rotate Tall	Off

Nikon D200 Setup Guide

For Portrait and Wedding Photography

External Controls	
Exposure Mode	Aperture Priority
Metering Mode	3D Matrix Metering
Focus Pattern	Single Dynamic
Bracketing	Off
Shooting Mode	Single
WB	Custom or Variable
ISO	200 - 800 dep. on situation
QUAL	JPEG
Autofocus Mode	AF-S (AF-C if necessary)

Shooting Menu	
Shooting Menu Bank	B
Menu Reset	Default
Folders	Default
File Naming	MJH
Optimize Image	Custom
Image Sharpening	None
Tone Compensation	Normal
Color Mode	I
Saturation	Normal
Hue Adjustment	0
Color Space	sRGB
Image Quality	JPEG Fine
Image Size	Large
JPEG Compression	Optimal Quality
RAW Compression	On
White Balance	Custom or Variable
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity	200 - 800 dep. on situation
Image Overlay	Default
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)
Non-CPU Lens Data	Default

Setup Menu	
Format	Default
LCD Brightness	0
Mirror Lock-up	As needed when cleaning
Video Mode	NTSC (North America)
World Time	--
Language	En
Image Comment	On (Copyright Mike Hagen)
Auto Image Rotation	On
Recent Settings	--
USB	Dep. on situation
Dust Off Ref Photo	Default
Battery Info	--
Wireless Transmitter	--
Image authentication	As needed
Firmware Version	2.00

Custom Setting Menus	
C Bank Select	B
Menu Reset	Default
a1 AF-C Mode Priority	FPS Rate
a2 AF-S Mode Priority	Focus
a3 Focus Area Frame	Normal Frame (11 Areas)
a4 Group Dynamic AF	Pattern 1, Center Area
a5 Lock-On	Off
a6 AF Activation	Shutter/AF-ON
a7 AF Area Illumination	On
a8 Focus Area	Wrap
a9 AF Assist	Off
a10 AF-ON MB-D200	AE/AF-L+Focus Area
b1 ISO Auto	Off
b2 ISO Step Value	1/3
b3 EV Step	1/3
b4 Exp Comp/Fine Tune	1/3
b5 Exposure Comp.	Off
b6 Center-Weighted	8mm
b7 Fine Tune Exposure	+1/6 for each meter
c1 AE Lock	AE-L/AF-L Button
c2 AE-L/AF-L	AE-L Only
c3 Auto Meter-Off	8s
c4 Self-Timer	Dep. on situation
c5 Monitor-Off	10s
d1 Beep	Off
d2 Grid Display	On
d3 Viewfinder Warning	On
d4 Shooting Speed	3 fps
d5 Exp.Delay Mode	Off
d6 File No. Sequence	On
d7 Illumination	Off
d8 MB-D200 Batteries	Dep. on batteries
e1 Flash Sync Speed	1/250s (Auto FP)
e2 Flash Shutter Speed	1/60
e3 Built-in Flash	Commander Mode
e4 Modeling Flash	On
e5 Auto Bracket Set	AE Only
e6 Manual Mode Bktn	Flash/Speed
e7 Auto BKT Order	Under>MTR>Over
e8 Auto BKT Selection	Manual Value Select
f1 Center Button	Shooting Mode, Center AF Area
f1 Center Button	P'back Mode, Zoom, Med. mag.
f2 Multi-Selector	Do Nothing
f3 Photo Info/Playback	Off
f4 FUNC. Button	Flash Off
f5 Command Dials	Normal
f6 Buttons and Dials	Default
f7 No Memory Card?	Lock

Playback Menu	
Delete	Selected
Playback Folder	Default
Slide Show	Default
Hide Image	Default
Print Set	Default
Display Mode	All Selected
Image Review	On
After Delete	Show Next
Rotate Tall	Off

Nikon D200 Setup Guide

For Sports and Action Photography

External Controls	
Exposure Mode	Aperture Priority (wide open)
Metering Mode	3D Matrix Metering
Focus Pattern	Group Dynamic
Bracketing	Off
Shooting Mode	CH (Continuous High)
WB	Variable, dep. on situation
ISO	400 - 800 dep. on situation
QUAL	RAW and/or JPEG Fine
Autofocus Mode	AF-C

Shooting Menu	
Shooting Menu Bank	C
Menu Reset	Default
Folders	Default
File Naming	MJH
Optimize Image	Custom
Image Sharpening	None
Tone Compensation	Normal
Color Mode	III
Saturation	Enhanced
Hue Adjustment	0
Color Space	sRGB
Image Quality	RAW and/or JPEG Fine
Image Size	Large
JPEG Compression	Optimal Quality
RAW Compression	On
White Balance	Variable, dep. on situation
Long Exp. NR	Off (until needed)
High ISO NR	Off
ISO Sensitivity	400 - 800 dep. on situation
Image Overlay	Default
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)
Non-CPU Lens Data	Default

Setup Menu	
Format	Default
LCD Brightness	0
Mirror Lock-up	As needed when cleaning
Video Mode	NTSC (North America)
World Time	--
Language	En
Image Comment	On (Copyright Mike Hagen)
Auto Image Rotation	On
Recent Settings	--
USB	Dep. on situation
Dust Off Ref Photo	Default
Battery Info	--
Wireless Transmitter	--
Image authentication	As needed
Firmware Version	2.00

Custom Setting Menus	
C Bank Select	C
Menu Reset	Default
a1 AF-C Mode Priority	FPS Rate
a2 AF-S Mode Priority	Release
a3 Focus Area Frame	Normal Frame (11 Areas)
a4 Group Dynamic AF	Pattern 1, Center Area
a5 Lock-On	Long or Off dep. on subject
a6 AF Activation	Shutter/AF-ON
a7 AF Area Illumination	On
a8 Focus Area	Wrap
a9 AF Assist	Off
a10 AF-ON MB-D200	AE/AF-L+Focus Area
b1 ISO Auto	Off
b2 ISO Step Value	1/3
b3 EV Step	1/3
b4 Exp Comp/Fine Tune	1/3
b5 Exposure Comp.	Off
b6 Center-Weighted	8mm
b7 Fine Tune Exposure	+1/6 for each meter
c1 AE Lock	AE-L/AF-L Button
c2 AE-L/AF-L	AE-L Only
c3 Auto Meter-Off	8s
c4 Self-Timer	Dep. on situation
c5 Monitor-Off	10s
d1 Beep	Off
d2 Grid Display	On
d3 Viewfinder Warning	On
d4 Shooting Speed	3 fps
d5 Exp.Delay Mode	Off
d6 File No. Sequence	On
d7 Illumination	Off
d8 MB-D200 Batteries	Dep. on batteries
e1 Flash Sync Speed	1/250s (Auto FP)
e2 Flash Shutter Speed	1/60
e3 Built-in Flash	Dep. on situation
e4 Modeling Flash	On
e5 Auto Bracket Set	AE Only
e6 Manual Mode Bkng	Flash/Speed
e7 Auto BKT Order	Under>MTR>Over
e8 Auto BKT Selection	Manual Value Select
f1 Center Button	Shooting Mode, Center AF Area
f1 Center Button	P'back Mode, Zoom, Med. mag.
f2 Multi-Selector	Initiate Autofocus
f3 Photo Info/Playback	Off
f4 FUNC. Button	Spot Metering
f5 Command Dials	Normal
f6 Buttons and Dials	Default
f7 No Memory Card?	Lock

Playback Menu	
Delete	Selected
Playback Folder	Default
Slide Show	Default
Hide Image	Default
Print Set	Default
Display Mode	All Selected
Image Review	On
After Delete	Show Next
Rotate Tall	Off

Nikon D200 Setup Guide

For Point and Shoot Photography

External Controls	
Exposure Mode	Program
Metering Mode	3D Matrix Metering
Focus Pattern	Closest Subject
Bracketing	Off (unless HDR photography)
Shooting Mode	CH (Continuous High)
WB	Automatic
ISO	200-800 dep. on situation
QUAL	JPEG
Autofocus Mode	AF-C

Shooting Menu	
Shooting Menu Bank	D
Menu Reset	Default
Folders	Default
File Naming	MJH
Optimize Image	Custom
Image Sharpening	+1 Medium High
Tone Compensation	+ More Contrast
Color Mode	III
Saturation	+ Enhanced
Hue Adjustment	0
Color Space	sRGB
Image Quality	JPEG Fine
Image Size	Large
JPEG Compression	Optimal Quality
RAW Compression	On
White Balance	Automatic
Long Exp. NR	Off (until needed)
High ISO NR	Normal
ISO Sensitivity	200 - 800 dep. on situation
Image Overlay	Default
Multiple Exposure	Off (until needed)
Intvl Timer Shooting	Off (until needed)
Non-CPU Lens Data	Default

Setup Menu	
Format	Default
LCD Brightness	0
Mirror Lock-up	As needed when cleaning
Video Mode	NTSC (North America)
World Time	--
Language	En
Image Comment	On (Copyright Mike Hagen)
Auto Image Rotation	On
Recent Settings	--
USB	Dep. on situation
Dust Off Ref Photo	Default
Battery Info	--
Wireless Transmitter	--
Image authentication	As needed
Firmware Version	2.00

Custom Setting Menus	
C Bank Select	D
Menu Reset	Default
a1 AF-C Mode Priority	FPS Rate
a2 AF-S Mode Priority	Focus
a3 Focus Area Frame	Wide Frame (7 Areas)
a4 Group Dynamic AF	Pattern 1, Closest Subject
a5 Lock-On	Normal
a6 AF Activation	Shutter/AF-ON
a7 AF Area Illumination	On
a8 Focus Area	Wrap
a9 AF Assist	On (1600, 1/30 sec.)
a10 AF-ON MB-D200	AE/AF-L+Focus Area
b1 ISO Auto	Off
b2 ISO Step Value	1/3
b3 EV Step	1/3
b4 Exp Comp/Fine Tune	1/3
b5 Exposure Comp.	Off
b6 Center-Weighted	8mm
b7 Fine Tune Exposure	+1/6 for each meter
c1 AE Lock	AE-L/AF-L Button
c2 AE-L/AF-L	AE-L Only
c3 Auto Meter-Off	8s
c4 Self-Timer	Dep. on situation
c5 Monitor-Off	10s
d1 Beep	Off
d2 Grid Display	On
d3 Viewfinder Warning	On
d4 Shooting Speed	3 fps
d5 Exp.Delay Mode	Off
d6 File No. Sequence	On
d7 Illumination	Off
d8 MB-D200 Batteries	Dep. on batteries
e1 Flash Sync Speed	1/250s (Auto FP)
e2 Flash Shutter Speed	1/60
e3 Built-in Flash	TTL
e4 Modeling Flash	On
e5 Auto Bracket Set	AE Only
e6 Manual Mode Bkng	Flash/Speed
e7 Auto BKT Order	Under>MTR>Over
e8 Auto BKT Selection	Manual Value Select
f1 Center Button	Shooting Mode, Center AF Area
f1 Center Button	P'back Mode, Zoom, Med. mag.
f2 Multi-Selector	Initiate Autofocus
f3 Photo Info/Playback	Off
f4 FUNC. Button	Spot metering
f5 Command Dials	Normal
f6 Buttons and Dials	Default
f7 No Memory Card?	Lock

Playback Menu	
Delete	Selected
Playback Folder	Default
Slide Show	Default
Hide Image	Default
Print Set	Default
Display Mode	All Selected
Image Review	On
After Delete	Show Next
Rotate Tall	Off